



# Year 3 Health and Wellbeing Festival



A healthier, happier, future generation



# STATION 1



# TEAMWORK



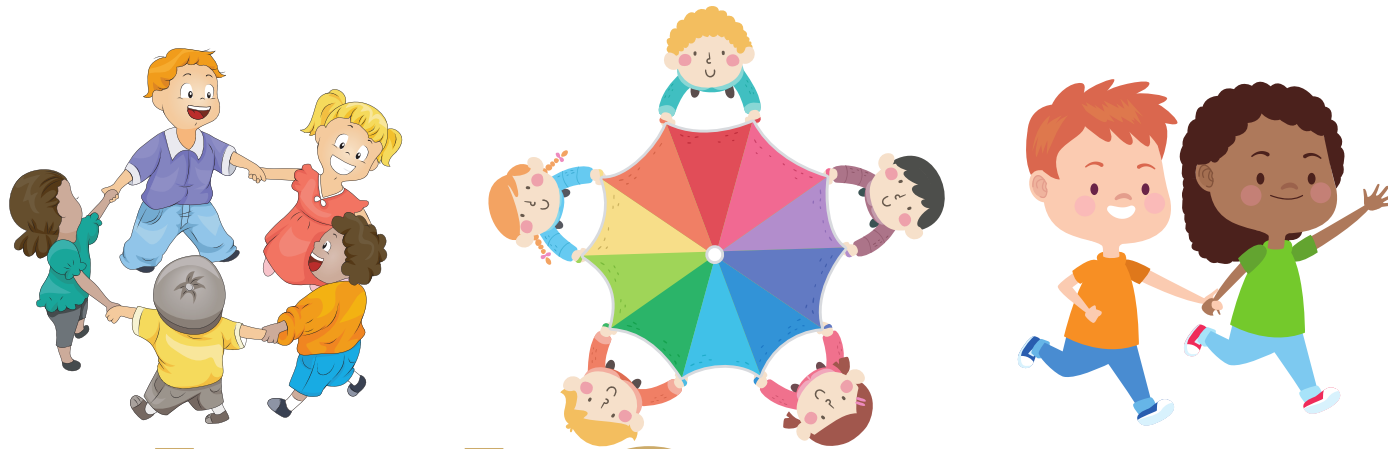
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# STATION 2



# PARACHUTE



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# STATION 3



# HEALTHY EATING



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# STATION 4



# YOGA BINGO



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# STATION 5



# SMOOTHIE BIKE



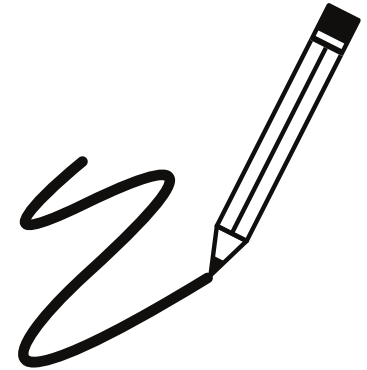
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# STATION 6



# DRAW YOURSELF



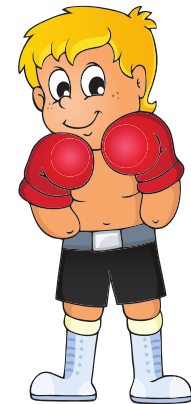
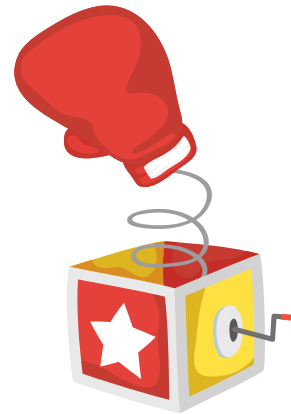
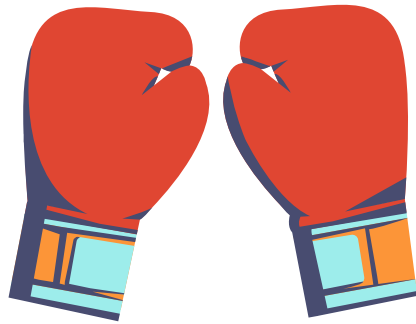
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# STATION 7



# BOXERCISE



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# STATION 8



# DANCE STATION



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# HEALTH AND WELLBEING FESTIVAL

THIS CERTIFICATE IS PRESENTED TO

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For taking part and trying your best



A handwritten signature in black ink, appearing to read 'J. Gadsby', is written over a horizontal line.

Jen Gadsby Health and Wellbeing Coach





# TEAMWORK-STATION CARD

**EQUIPMENT: BLINDFOLDS, BLIND FOOTBALLS**



## BLIND FOOTBALL

The group is split into pairs with one blind fold between them. They start with a simple movement drill instructing for example; '1 step left' '2 steps backwards'. (5 mins). Then move onto rolling the ball (sighted child) into the blind child's feet using penguin feet and kicking it back (10 minutes).



# PARACHUTE CHALLENGE-STATION CARD

**EQUIPMENT: 2 Parachutes, 1 Big Parachute, Ball Pit Balls**



## Challenge 1 – Popcorn Game

The group is split up into 2 teams. One team is collecting balls and throwing onto the parachute and one team is shaking the parachute and trying to get the balls off the parachute.

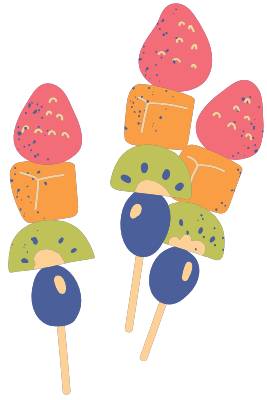
## Challenge 2 – Fruit Bowl

Can be used with 1 big parachute or 2 small parachutes

Give each child a fruit name (3 fruits in total). When a fruit is called out, all the kids with that fruit name swap places underneath the parachute. If fruit bowl is called out all kids swap places. If a big parachute is used, flipped bowl can be called out and the kids have to make a dome with the parachute.

minutes on each challenge





# FOOD PLATE-STATION CARD



**EQUIPMENT: Blindfolds, Fruit, Carbohydrate Foods, Pictures of Foods, Big Food Plate**

## Challenge 1 -Food Plate Activity

In 2 groups (1 group per leader) each child is blindfolded and use their senses to guess 5 different foods. Use the change for life worksheet to help work through

After this use the magnets as a group to add the foods to the food plate.  
If time move onto other foods



# YOGA BINGO-STATION CARD



**EQUIPMENT: Yoga Cards, Counters**



## Challenge 1 –Yoga Bingo

Each child has a yoga card. Use the yoga pretzel cards as master cards. Children can pick them out. If they have the yoga moves picked out they use a counter to cross them off. All children must perform each move picked out.



# SMOOTHIE BIKE-STATION CARD



**EQUIPMENT: SMOOTHIE BIKE, fruit, buddy's, elastic bands, colouring pens**



## Challenge 1 -SMOOTHIE BIKE

Each child has a yoga card. Use the yoga pretzel cards as master cards. Children can pick them out. If they have the yoga moves picked out they use a counter to cross them off. All children must perform each move picked out.

## Challenge 2 - HYDRATION BUDDY

Each child will get a elastic band and a buddy. They colour in the buddies however they like. It must include that they should drink 3-4 bottles a day. They then put the elastic band onto the buddy and attach it to their bottle.





# DANCE-STATION CARD

**EQUIPMENT: SPEAKER**

## Challenge 1 -Dance



Choose an age appropriate song to do with the kids. Once they have learnt the dance, make the station your own! Dance off/circle/freestyle.  
This station is all about movement and FUN.



# DRAW YOURSELF-STATION CARD

**EQUIPMENT: PENCILS, COLOURING  
PENCILS, WORK SHEET**



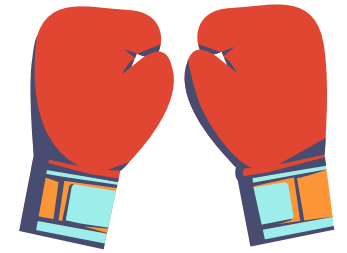
## **Challenge 1 –Draw Yourself**

**Each child gets a worksheet to fill in which includes a portrait and 5 positive traits about themselves and 5 feelings they feel.**





# BOXERCISE-STATION CARD

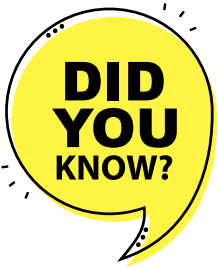


**EQUIPMENT: Boxercise kit, tennis balls, cone**

## Challenge 1 – Boxercise

1. Warm up (5 mins) play a game of first to the ball. Split the kids into pairs They have to touch the body part you say. When you say ball its the first person to pick up the ball.  
For example; you would say, ears, knees, toes, ball.
2. give each pair some gloves and pads. Get them practicing different punches and swap round.
3. end with a relay race having to run to a staff member/leader, punching their pads and running back to the next person in their team.





# FACT SHEET



- You should aim to get 9-11 hours of sleep a day (yoga station)
- Milk is high in calcium and calcium is good for our bones (food plate)
- Oxygen is what all humans and animals' breath in to stay alive.  
(parachute)
- Meat such as fish and chicken are high in protein and its protein that helps your body to repair cells (food plate)
- Did you know that tomatoes are actually a fruit and not a vegetable?  
(food plate)





Station 1 - Give me 1 reason why its important to work as a team?

Station 2 - Why is it important to do exercise?

Station 3 - what are the five different food groups?

Station 4 - When is a good time to do deep breathing?

Station 5 - how much water should we drink in a day?

Station 6 - Name 5 positive feelings?

Station 7 - what happens to your heart rate when you exercise?

Station 8 - name us your favourite dance move?

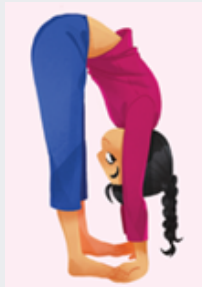




Warrior 1



Rock



Gorilla



Down Dog

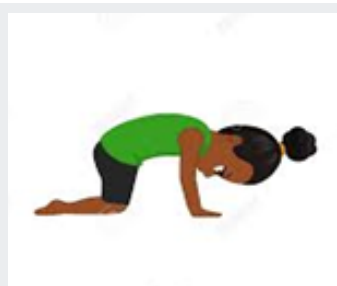
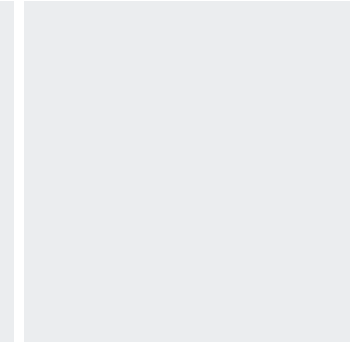
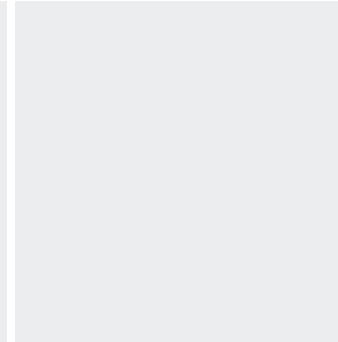
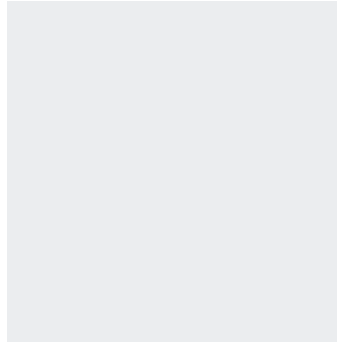
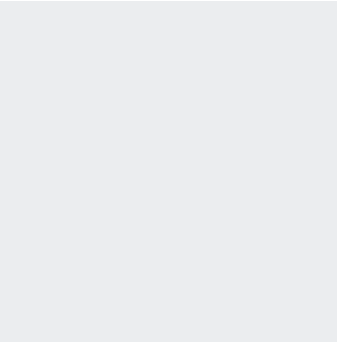
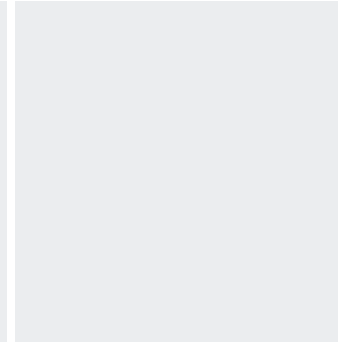
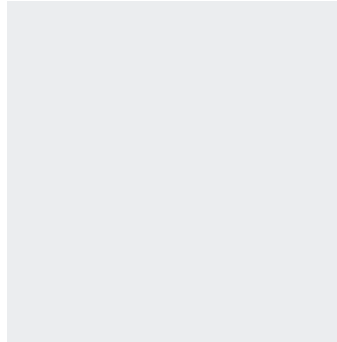
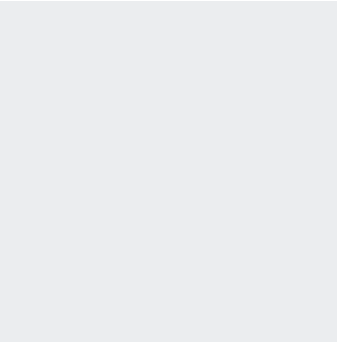


Dancer

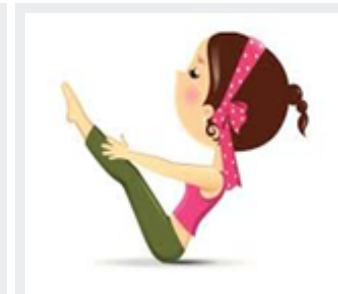
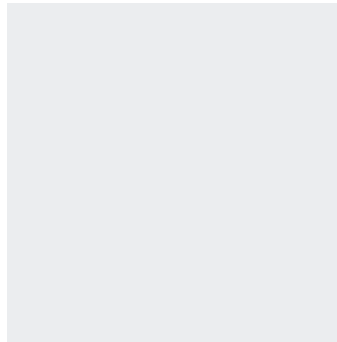




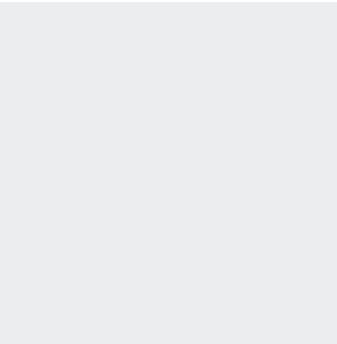
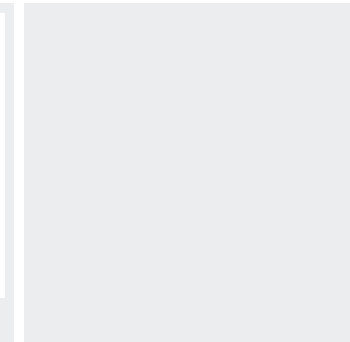
Tree



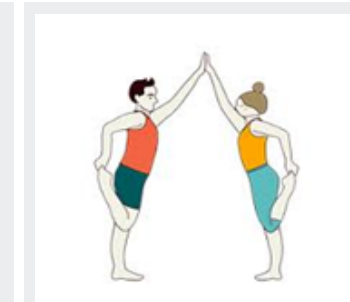
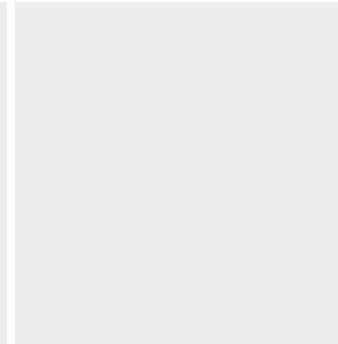
Cat



Boat



Triangle



Rooftop





Tree



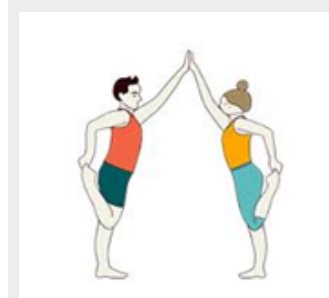
Rock



Mountain



Airplane



Rooftop





Warrior



Airplane



Rock



Mountain

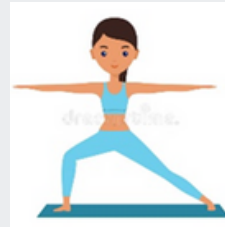


Dancer





Airplane



Warrior 2



Dancer



Mountain



Gorilla

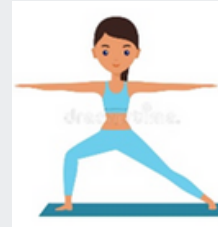




Warrior 1



Downward Dog



Warrior 2



Dancer



Gorilla

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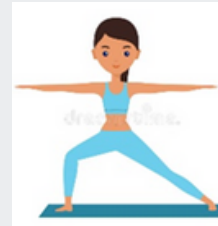




Airplane



Downward Dog



Warrior 2



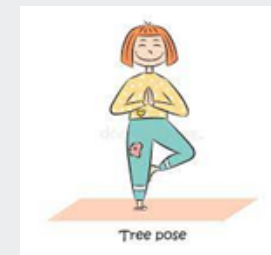
Rock



Gorilla

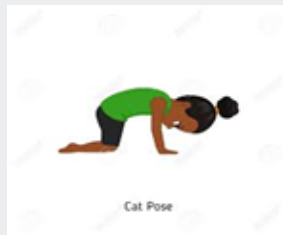
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Tree pose

Tree

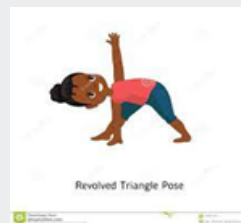


Cat Pose

Cat

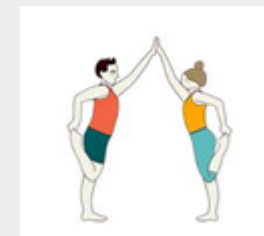


Boat



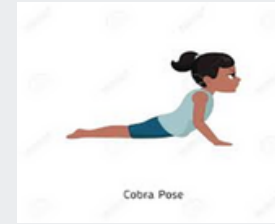
Revolved Triangle Pose

Triangle



Rooftop





Cobra



Boat



Rooftop



Bear Breath



River

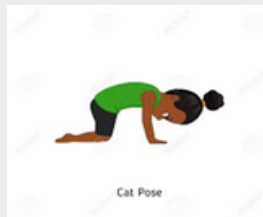




Airplane



Rooftop

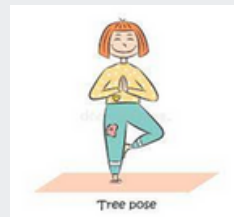


Cat Pose

Cat



Boat



Tree pose

Tree





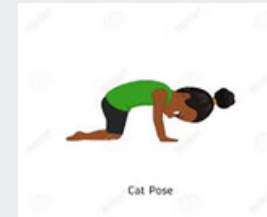
Airplane



Dancer



Rooftop



Cat

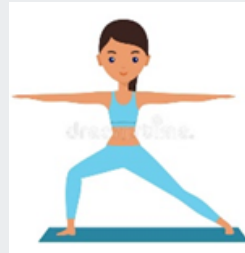


Tree





Warrior 1



Warrior 2



Mountain

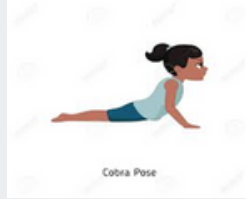


Rooftop



Rock





Cobra



Mountain



Rooftop



Bear Breath



River



